

### **Financial Empowerment**

Dates: Friday, January 9th & Friday, January 30th

6:30pm - 8:30pm

Free for Adults including Seniors

Instructor: Tony Philpott - (423) 313-0754

Participants will learn techniques for money management, banking and investment strategies. Also learn how to develop additional income with getting a second job.

### **Comprehensive Developmental Center**

For students with disabilities

Every Wednesday beginning January 14th

Noon - 1:45pm; No Cost

Play volleyball, badminton, and basketball or go swimming, walking, and jump rope.

### **Youth Health Education**

Tuesday, January 13th

5:00pm - 6:00pm; No Cost

### **Beauty In Me**

Every Thursday starting in January

4:30pm - 6:30pm; No Cost

For ages 13 - 18

*A program teaching teenage girls about finding inner and physical beauty. There will be field trips and motivational speakers who will teach girls about having a sense of greater "self worth".*

## **Special Activities**

### **Cupids & Candles Workshop for Valentine's Day**

Friday, February 13th

4:30pm - 6:00pm

No Cost

For ages 6 - 12

Participants will learn to make Valentine candles for that special person in your life such as mom, dad, or your best friend.

### **Black History Month / Tribute to the Past**

Saturday, February 21st

6:30pm - 8:30pm

No Cost

For ages 6 - 17.

Youth will pay tribute through speech to historical figures who made significant contributions to our country.

### **Summer Day Camp Registration**

Beginning Thursday, April 1st at 12:30pm

## **Recreation Staff:**

Facility Manager: Jacqueline Linder

Recreation Specialist: Talley Caldwell

Recreation Specialist: Coretta Holmes

Recreation Specialist: Jeff Strong

Recreation Specialist: Mike Todd

### **Hours of Operation:**

Mondays - Fridays, 9:00am - 9:00pm

Saturdays, 10:00am - 6:30pm

When School Is Out:

Mondays - Fridays, 9:00am - 7:00pm

## **Dial**



*For all your city government needs.*

January - April 2004

# **Brainerd**

# **Recreation**

# **Complex**



PARKS  
RECREATION  
ARTS  
CULTURE



1010 North Moore Road

Chattanooga, TN 37411

(423) 425-3600

[www.chattanooga.gov/cpr](http://www.chattanooga.gov/cpr)

## Athletic Leagues

### 13 & Under Girls Basketball

Every Monday beginning January 5th  
4:00pm  
Cost: FREE

### 15 & Under Boys Basketball

Beginning January 7th  
Cost: FREE  
Contact: Talley Caldwell for schedule

### Youth Church Basketball League

Beginning January 31st  
Games Played 2:00pm - 5:00pm  
Cost: \$150 per team  
Contact: Michael Todd for schedule

## Fitness

### T'ai Ji Classes

Beginning Friday, January 2nd  
First class is a FREE introductory session  
Classes every Friday at 9:00am - 10:00am  
Cost: \$100 for ten sessions (\$80 for seniors)  
Instructor: Chris Campbell of Violet Fire Enterprises  
*T'ai Ji is an exercise you can enjoy while bringing relaxation, improved balance, and peace into your life! T'ai Ji moves are designed to help coordinate centered and flowing movement focusing on muscle control and positive concentration. T'ai Ji is a great exercise for all but especially for seniors, athletes, ADD sufferers, and stressed out individuals.*

### Trim, Tighten, & Tone

Beginning, January 5th - February 15  
AM Classes: Mondays, Wednesdays, & Fridays @ 10:00am  
PM Classes: Mondays, Tuesdays, & Thursdays @ 6:00pm  
Cost: \$75 for six-weeks (3-days per week)  
\$50 for six-weeks (2-days per week)  
\$25 for six-weeks (1-day per week)

Instructor: Christine Post  
*6-week program designed to tone your thighs, buttocks, arms, and abs while having fun!!! Program includes body fat testing, toning, cardiovascular, and different activities to challenge yourself such as walking/running, lunges, weights, and more.*

### Abs & Buns

Every Monday  
6:00pm - 7:00pm  
Cost: \$25 for six-weeks

### Badminton for Seniors

Every Saturday: 9:00am - 11:00am  
Every Wednesday: 10:00am - 11:30am  
FREE

## Arts & Culture

### Wee Dance Ballet/Tap Classes for Youth

Every Tuesday, Beginning January 13th  
6:00pm - 7:00pm  
For ages 3 to Teens  
Cost: Please call for details  
Instructor: Jerrie Muncie

### Wee Dance Tap Classes for Adults/Seniors

Every Saturday, Beginning January 17th  
10:30am - 11:30am  
Cost: Please call for details  
Instructor: Jerrie Muncie

### Hip Hop Dance

Wednesday, January 14th  
4:30pm - 6:00pm  
For ages 10 - 15  
No Cost

### Radio Talk Show (RTS)

Friday, February 6th  
Time: TBA  
No Cost  
Location: WNOO Radio Station  
*Youth will design and create a radio talk show discussing teens and pre-teen issues. This program will also feature the latest music.*

### Sharing Love with Music Beginner's Guitar Classes

Every Thursday beginning January 15th  
6:00pm - 7:00pm; Cost: \$40 for 4-weeks  
For ages 12 - Adults/Seniors  
*For individuals who have never played and would like to learn.*

### Sharing Love with Music Advance Guitar Lessons

Every Tuesday beginning January 12th  
6:00pm - 7:00pm; Cost: \$40 for four weeks  
For ages 12 - Adults/Seniors  
Instructor: Harry Hudson  
*For individuals who already know how to play. Participants will learn more intensified songs in an advanced manner.*

### Drum Lessons for Beginners

Every Wednesday Beginning in January  
6:00pm - 6:30pm (1st - 3rd graders)  
6:45pm - 7:15pm (4th grade & Up)  
\$25 Registration Fee (Includes cost of materials for the six-week session as well as first week's tuition).  
Weekly Tuition: \$10 (This can be paid weekly or one total amount for six-weeks can be paid at registration).  
Instructor: Durrell Kelly - 400-4730.

## Enrichment Classes

### After School Program

Beginning Monday, January 12th  
4:00pm - 6:00pm  
Mondays - Thursdays  
No Cost for ages 6 - 13  
*Program provides academic assistance to children having trouble with their schoolwork.*

### GED Classes

**(General Education Development Program)**  
Beginning Wednesday, January 7th  
6:00pm - 8:00pm; No Cost  
*All first-time students must attend a registration testing session before a class assignment can be made. The program is designed for people who need basic skills in reading, spelling, math, and language. Adults may begin classes at any learning level and exit when their goals have been met.*

### Computer Classes

Every Monday & Wednesday beginning in March  
10:30am - Noon.  
Cost: \$30 for four-weeks  
For Adults including Seniors  
Instructor: Jon Bennett